

The Sentry System

What's your comfort level?

For each item, circle the alternative that best fits you.

SA = strongly agree

A = agree

N = neutral

D = disagree

SD = strongly disagree

1. It is easy to become a victim if you aren't vigilant.
SA A N D SD
2. I treat the world as if it were a dangerous place.
SA A N D SD
3. I see part of my role as making sure my loved ones are safe.
SA A N D SD
4. I rarely feel totally safe myself. **SA A N D SD**
5. I try hard to avoid unpleasant surprises and shocks.
SA A N D SD
6. I believe that a little bit of forethought can avoid disasters.
SA A N D SD
7. I tend to look for potential danger in ordinary situations.
SA A N D SD
8. I have a hard time relaxing. **SA A N D SD**
9. I tend to worry about the future. **SA A N D SD**
10. I hate being startled. **SA A N D SD**
11. Some seemingly normal situations can make me apprehensive, for good reason. **SA A N D SD**
12. I think of myself as a protector of others. **SA A N D SD**
13. Sometimes I can become a bit nervous or on edge.
SA A N D SD
14. I am anxious in some social situations. **SA A N D SD**
15. I can sense trouble brewing before other people can.
SA A N D SD
16. I work hard to create a safe environment for myself and for people close to me. **SA A N D SD**
17. It is important to me that my work environment creates very little anxiety. **SA A N D SD**
18. I like to stay in control of things to avoid unpleasant surprises.
SA A N D SD
19. I make myself stay vigilant so that I can be aware of potential trouble.
SA A N D SD
20. I tend to be a worrier. **SA A N D SD**

21. I dislike being alarmed. **SA A N D SD**
 22. I am easily frightened. **SA A N D SD**
 23. I can become panicky when things are not in order.
SA A N D SD
 24. I think of myself as a kind of guard or sentry for myself and the people close to me. **SA A N D SD**

SCORING

- SA** = 2 points
A = 1 point
N = 0 points
D = -1 point
SD = -2 points

FOR THIS QUESTIONNAIRE

A score of 20 or above is *high*.

A score of 12 to 19 is *medium*.

A score of 11 or below is *low*.

Add to get your total Sentry Comfort Level score: _____.

YOUR SENTRY COMFORT LEVEL SCORE

If you scored 10 or above, your comfort level in the Sentry system is in the medium to high range. This means that you like the role of a Sentry; you are comfortable being vigilant for danger. You're most at ease when your Sentry is activated a lot.

If you scored below 10, you tend to stay carefree and relaxed. You're slow to become apprehensive. You are not into being much of a Sentry right now. You're most at ease when your Sentry is fairly quiet.

Is your life in sync with your Sentry system?

Next, evaluate your current experience with the Sentry system by answering these questions.

1. My current life involves too much anxiety. **SA A N D SD**
 2. I need to be too wary in my everyday life. **SA A N D SD**
 3. I feel apprehensive about several aspects of my current life.
SA A N D SD
 4. I am worried a lot of the time. **SA A N D SD**
 5. Tensions often make it hard for me to get a good night's sleep.
SA A N D SD
 6. These days I have trouble letting down my guard.
SA A N D SD
 7. These days I find it very hard to relax. **SA A N D SD**

8. I wish that I had more job security. **SA A N D SD**
9. I would like to feel more at ease with people important to me.
SA A N D SD
10. I could be a lot more creative if I felt safer. **SA A N D SD**
11. I have too much responsibility as a protector of the people I care about. **SA A N D SD**
12. I wish people looked to me less for their security.
SA A N D SD
13. I don't enjoy having to take care of other people's safety needs.
SA A N D SD

SCORING**SA** = 2 points**A** = 1 point**N** = 0 points**D** = -1 point**SD** = -2 points

Add to get your total Sentry Current Life score: _____.

YOUR SENTRY CURRENT LIFE SCORE

If your score is above 7, you feel that your current life overstimulates your Sentry system. You need to feel safer in your life, less filled with apprehension. Your current life pushes you to be more of a Sentry than you want to be.

If you scored between 0 and 6, your Sentry system is being activated at just the right level for your comfort.

If you scored below 0, you feel that your current life understimulates your Sentry system.